



## In This Issue

**ULTIMATE  
JOURNEY**  
A Book Report . . . 3

**The GATEWAY to  
Who You Are . . . 4**

Hemi-Lync . . . 6

Quarterly Tape . . . 7

**Updating USING  
THE WHOLE  
BRAIN . . . 8**

## GEMS OF THE NEXT GENERATION

by Laurie A. Monroe



I recently attended the annual Institute of Noetic Sciences Conference held at Disney World in Orlando, Florida. A profound statement by one of the speakers etched itself into my memory: "Those who are in a position of leadership, of any kind, need to make decisions that are based upon seven generations from today." I resonated completely with that powerful message. Presently, the future of this planet—and of all of the species that inhabit it—depends upon the generation now coming into adulthood. Now is the time to assist them in identifying and achieving their goals. I feel that fostering and encouraging a shift in consciousness among teenagers is of paramount importance. Out of concern and compassion for this younger generation, we have created the *TEEN GATEWAY VOYAGE*.

The inaugural program took place during the last week of July.

There were fourteen participants—seven of each gender. Each teen completed a confidential application and mailed it directly to TMI, separately from information provided by their parents. This allowed them to answer our questions openly and honestly. The application process was the first step in creating a safe place for them to express their feelings. The most prevalent desire or expectation was the need to be liked, accepted, understood, and loved. Several participants wanted greater self-confidence and self-esteem. As with most teenagers, there was a tendency to "push the envelope" in many different ways. In this program, they were pushing the envelope of their perceived limitations

*Continued on page 2*

## DIAMONDS IN THE ROUGH

by Peter Spiro



Peter Spiro is a poet, playwright, and a teacher "in the trenches" of New York City. He, and the students in his classes, deal with a reality light years away from the bucolic surroundings of The Monroe Institute. And yet, their experiences and aspirations may not be so different after all. Pete is a *GATEWAY VOYAGE* and *GUIDELINES* graduate.

I'm a writer. Teaching school is my "day job." After dropping out in the tenth grade, I got my equivalency diploma, went on to college, and even made it through graduate school. But school has never been a joy. So it's no surprise, I suppose, that it continues to be my challenge. As Swami Beyondananda once said, "Life is like photography; we develop through the negative."

My students are a lot like me. Every one of them has either vol-

*Continued on page 5*



## GEMS OF THE NEXT GENERATION

Continued from page 1

and beliefs. The group bonded quickly, and the older teens made a point of including and engaging the younger ones.

Comments on the program evaluations revealed that tremendous openings had occurred during the week. The participants gave their permission to share these examples:



TEEN GATEWAY participants and TMI Trainers gathered around the tree planted in honor of Dave Wallis to pose for a farewell photo.

*This week was a great way to experience me as I really am. I had a vague idea of what the program was about when I first got here. As the week progressed, I was able to make lots of new friends—the most important friend being myself. I had an excellent time. ~ Felicia Potter*

*I feel this week has been one of the most positive and exhilarating events I have ever played a part in, in my entire life. This last week in the VOYAGE program has helped me find out who I really am, as well as grow toward a more*

*positive self and future. I am glad that we teenagers are now being included in the TMI programs. I truly enjoyed being a part of the maiden voyage of the TEEN GATEWAY and thank you for having such a positive impact on my life!!! ~ Justin Singletary*

*The TEEN GATEWAY has been a life-changing experience for me. I am very grateful for the opportunity to spend a week with a group of my peers interested in exploring all aspects of their consciousness. To explore these aspects of my own consciousness was a thrilling, enlightening experience. I enjoyed learning about parts of myself that I was not even aware of. I hold all of you in my heart in love and gratitude and, in my opinion, consider this GATEWAY a huge success. ~ Lisa Dietrich*

*I was able to become more aware of my nonphysical self and to experience a new state of consciousness. The program served as a fun time but also served as an educational, learning experience. The experience I shared at the TEEN GATEWAY was extremely memorable to me and a voyage that I will never forget. ~ Kendra Lansing*

We have certainly laid the foundation for these young people to continue to explore, experience, expand, and express the true essence of who they are. They now have the tools to turn their beliefs into Knowns. Both curiosity and the desire to search out new experiences have been kindled. Once again, the GATEWAY VOYAGE has opened the door to the inner, higher self and given participants the confidence to direct their thoughts, control their emotions, listen to their intuition, and grasp abstract concepts. These teens now have a head start on exercising their brains through the greater part of who they really are—spirit—that will serve them well on their journey through physical reality. Perhaps the echo of their awakening will be heard by the seventh generation!

*During this time that we have been here at The Monroe Institute, I have gone through what some might call “an awakening.” I believe strongly that every one of us was brought here for a strong definite reason. For some, like me, it was to find themselves. I am sure that everyone here has noticed us as flowering into a great garden that will soon be adults. I’m sure that I speak for everyone when I say that this was a much-needed experience that will be remembered with fond memories for our lifetimes. I really hope that we will have this opportunity again next year. ~ Sarah Beth Gallenberger*

*I thought that this experience was one of the most influential lessons that I have learned in my life. I learned about friendships with others and a stronger relationship with myself. I think that the program was great, and I would readily jump at the opportunity to attend another teen program. I found that I wish that I had more time here to learn some more about myself, but it is important to continue my learning process on my own. I feel very grateful that I was given the opportunity to participate in a great program such as this. ~ Andy Vasquez*



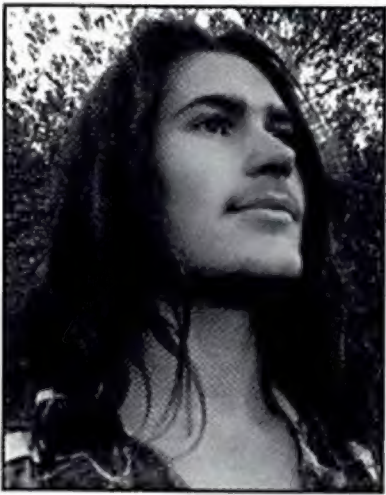


# ULTIMATE JOURNEY

## A Book Report

by Miles Pearce

Miles Pearce received the 1996 Monroe Institute Scholarship, a four-year scholarship awarded each year to a qualifying Nelson County senior. He is currently a student at Wesleyan University in Middletown, Connecticut, and is considering majoring in anthropology. However, he is open to suggestions from people who are very happy with their chosen vocations. Miles attended the GATEWAY VOYAGE in August and may be reached at [mpearce@wesleyan.edu](mailto:mpearce@wesleyan.edu)



In *Ultimate Journey*, Robert A. Monroe emphasizes two points that predicate his "Different Overview." We are more than our physical bodies. There is continued existence after death. He goes on to say that our human life experiences serve a very important purpose, but the awareness/intelligence that is us was around long before, and will be around long after, our physical lives on this plane. Our current cultural-societal manifestation does not recognize the existence of anything outside of time and space. This limits most of us to a very small portion of what we may experience as conscious, intelligent beings. To move beyond the perceptual limits of contemporary mainstream society and formulate a solid Different Overview based on experience is the main goal that Monroe sets for the reader.

One important factor that Monroe discusses is the powerful effect our physical bodies have on us. We are limited by numerous addictions connected to our Earth Life System realities. More often than not, our "Animal Sub-Self"

exercises a great deal of control over what we are able to accomplish. Our conscious mind may have lofty goals and high aspirations, but try as we may we are unable to maintain a commitment to them because we do not have the cooperation of our Animal Sub-Self. Monroe holds that the Animal Sub-Self is responsible for the filtration and dissolution of our mental brilliance (p. 72). He says that its signals taint almost every facet of human life. That idea is one that warrants further debate because there are those who say that the body is a pure vessel and that it is the frantic, uncultivated mind that distorts our intentions. Nevertheless it is extremely important to understand the whims of our biological nature and engage its cooperation. If we can do that, and thus allow ourselves access to non-physical (M) Field energies, we enter into the realm of unlimited possibilities.

Equally important (and possibly more so) are the effects of our cultural programming. From the day we are born, we are constantly exposed to a version of reality shared by almost all members of our society. From the time we are in our mother's womb, and throughout our physical and mental development, we are told, "This is how it is, this is how the world works . . ." Our society heavily discounts any reports of realities outside of time and space. Any experiences we have as a young child that are incompatible with the popular understanding of reality are strongly discounted and we are admonished not to reveal or repeat them.

There is certainly some variation in the collective interpretation of reality, but it is usually minor, especially with the advent of mass media and the extreme homogenization that has recently occurred in our society. The tendency of dominant religious and political institutions to severely punish those

having a different overview hasn't helped either. By the time we reach physical maturity, most of us have a pretty rigid mentality. It is a great challenge to objectively reevaluate our cultural conditioning and thinking patterns.

According to Monroe's discoveries, our life experience on Earth is immensely valuable no matter what we do, but by exploring the realities outside of time-space, we may discover who and what we really are and maximize our life experience. The first step in this process is to develop a different overview that will allow for such explorations. At first it may be necessary to believe the descriptions of Monroe and other explorers until it is possible to turn Beliefs into personal Knowns.

After establishing his Different Overview and doing some exploration of other energy systems, Monroe came to an impasse. He did not know what he was supposed to be doing. He felt that somehow he had taken a wrong turn or missed an important element. A new direction materialized: "The prime need was to know myself without equivocation. The more I came to know myself the more I would know what I am in nonphysical expression, and the closer I would come to the reason for the path I seemed to be taking" (p. 141).

Upon coming to this conclusion Monroe spent a year delving into the makeup of his I-There (beyond physical existence). He discovered a number of "layers" that played a part in defining his I-There. The memory layer is a complete record of one's entire life. It is constantly being updated by continuous signals from the physical body. Near the memory layer he found a fear layer and an emotional layer. Apparently the I-There creates an efficient system for dealing with and categorizing these issues. Monroe concludes that we all

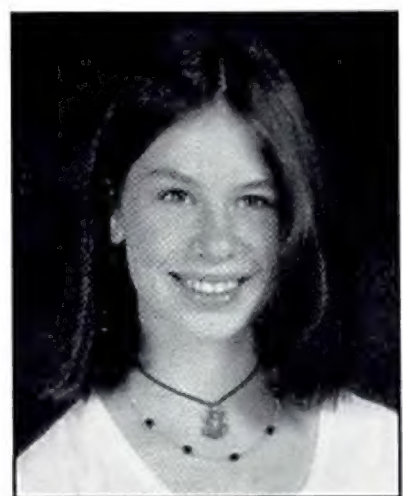
*Continued on page 4*



## THE GATEWAY TO WHO YOU ARE

by Amelia Uffelman

*Amelia Uffelman is seventeen years old and a senior at Tandem Friends School in Charlottesville, Virginia. She has been deeply involved in theater arts throughout her scholastic career and has appeared in numerous plays. Amelia's most memorable role was as Beatrice in "The Effect of Gamma Rays on Man-in-the-Moon Marigolds." She plans to attend Warren Wilson College after graduation.*



**M**y vocabulary and motor skills have escaped me, and I am only left with the tingle of one of the most lovely things that has

ever happened to me. I felt something today that has been described to me my whole life and still, even the most eloquent words could not describe the space I'm in right now. Externally, the sun is preparing to sleep, the grass is ripe with its own color, and the afternoon is settling into twilight, which gives the mountains and homes a surreal light and energy. The world and environment have complied with my one wish for this magical moment, and have become completely placid and serene." ~ Journal entry, Tuesday, TEEN GATEWAY

How does one describe experience? Is there a way to categorize a true experience that rattles one's heart and provides a gateway to Who You Are? Two months ago, my parents dropped me off at The Monroe Institute on a rainy Saturday with their blessings and a kiss and gave me one of the wildest, most enriching experiences in my life thus far. I could write this very dryly and just describe the course of events that took place in that one

week out of a million, but to describe what happened to me, I have to abandon conventional writing and resort to the language of the heart. When my parents asked me to go to the TEEN GATEWAY, I was skeptical, excited, and had absolutely no idea what to expect. I showed up with everyone else, hoping to be able to accomplish whatever it was that we had all come to do. Later in the week and in the months since, I learned that I am still doing what I came to the Institute to do, and there doesn't seem to be any word for that task other than "living."

Something happens when people are placed in a safe, extremely open environment. Somewhere in between "no-time," breakfast, and tapes, we found ourselves being honest, aware, and having absolutely the most wholesome fun ever. All of our words, our bad jokes, our tears, our insecurities, our morning breath—all the stuff that comes with living with people for a week—fell on receptive ears. There was nothing we could say to one another that was not heard, although it sometimes took us a while to understand the intention or truer nature of the comment, and all of us stuck with our issues until we were able to offer each other some help, or at least a laugh. Truly, the most amazing aspect of the program was that fourteen complete strangers, aged thirteen to seventeen, all found each other to be absolutely delightful human beings. There was no pressure to be or to feel more or less than we were during each second of our six days together. It was exactly perfect to be ourselves and to remind each other to speak our truths, to listen, and—above all else—to care.

The most challenging aspect of the GATEWAY was leaving! In talking to each other afterward, the

thing that most of us regretted was our inability to tell our peers what had happened to us during the week. We returned to our "normal" lives with tools to access an amazing part of life, and other than to our parents, there was no real way to communicate what had happened. It is difficult when an experience's two biggest lessons are learning to communicate what is happening inside and also learning that sometimes communication is unnecessary. We all gained from the program exactly what we took from it; from each other, we gained fourteen friends who truly understood.



### ULTIMATE JOURNEY

*Continued from page 3*

have our own active I-There, which is constantly looking after us, and that we all have the potential to replicate his experience for ourselves.

Other important factors are:

1. understanding (M) Field energies and becoming proficient with them;
2. being aware of influences (both positive and negative) and learning to pick up only what is useful;
3. releasing limiting belief systems.

The work of Robert Monroe and The Monroe Institute provides exciting opportunities for expanding human potential. The guided techniques and Hemi-Sync technology are an easy way for people to access energies that were previously available only to those with a lot of self-discipline and determination.

A Buddhist monk once told a Monroe Institute facilitator, "It has taken me twenty years to learn what you teach here in a week."





## DIAMONDS IN THE ROUGH

Continued from page 1

untarily dropped out or been thrown out of a previous school. Their ages range from sixteen to twenty-five. Almost all of the females have at least one child; almost all of the males have had run-ins with the criminal justice system. The alternative high school program that I work in is the last stop. If they don't make it with me, they hit the streets and take their chances. It didn't take long to realize that my education courses—"Blueprints for Thinking," "Keys to Motivation," "Patterns for Ideas," and "Integrating the Curriculum"—weren't doing me, or the students, much good. I needed something real, something that could change outlooks and modify self-destructive behavior patterns.

By that point in my life I had already run across the books of Robert Monroe and was listening to Hemi-Sync tapes because they made me feel better. So one day I took a boom box into my classroom and attached fifteen-foot wires to the speakers so they could be separated for stereo. I plunked in the *Remembrance* tape and synchronized the room. Then I nearly keeled over from what I saw: kids who couldn't sit still for more than a minute were suddenly satisfied to sit, reading and writing, for hours. Even visiting administrators reported feeling euphoric for a few days afterward. No doubt about it, this stuff worked!

So I've continued to build on this miraculous offering. And during the 1997-98 school year, while teaching in a literacy program at the Harlem YWCA, I tried to re-create the total TMI experience for the students with my feeble technology—that is, the same boom box with the extra-long speaker wires. As the students arrived they were greeted by Robert Monroe's voice on the

*Morning Exercise* tape. "Good morning," it begins, "and it is a good morning."

As the *Morning Exercise* played, I handed out paper and asked them to write down whatever was on their minds. Then I showed them a large bucket labeled "Energy Conversion Box," and asked them to drop the papers inside when they were done. After they had converted their energy, I asked them to copy an affirmation I had written on the board. "I am more than my physical body" didn't quite cover our situation. So I used sources like *Seth Speaks* and *Conversations with God*. The affirmations usually sparked lengthy discussions about what they meant and how they applied to daily living. I supplemented their reading list with metaphysical books such as Betty Eadie's *Embraced by the Light* and other accounts of near-death experiences, out-of-body travels, and remote viewing. Hemi-Sync played nearly nonstop throughout the day. I'd mix up *Concentration*, *Remembrance*, various METAMUSIC selections and, on occasion, some Mozart and Gregorian chants. Sometimes I'd light a stick of incense, burn a candle, or charm the students by tracing their energy fields with divining rods.

By the end of the year, the students were reading and enjoying it. Some of the kids even took extra books home. Even more amazing, they read them, returned them, and asked for more. I had to make a supply run to Barnes and Noble because they went through books so much faster than I had anticipated. Please understand that just carrying a book around is a symbol of weakness for most of them.

In large part, these kids experience life like combat soldiers: long stretches of mind-numbing boredom punctuated by moments of extreme terror. They don't go to

workshops or lectures or get massages. They don't know who the Dalai Lama is, and they don't care. However, I have discovered that nearly all of them have had experiences of the nonphysical world that they do not understand. Once they gather that I'm almost as wildly abnormal as they feel, they begin to confide in me. A student tells me that an Indian, whom no one else can see or hear, lives in her house and beats on a drum. What can this mean? A student writes to me that she can see the future before it happens and wonders, is this ability good or bad? And a student describes these weird dreams in which he's walking around the house while his body is still asleep in bed. What does this mean?

Any "normal" teacher would probably refer them to a school psychologist. If they would not accept the unreality of their experiences, they'd be shipped off somewhere and given strong medication. Their track records of violent and maladaptive behavior can justify all sorts of malevolent therapeutic approaches. Physical reality is harsh; nonphysical reality is confusing. So what do they do? Sadly, they kill each other. And even more sadly, the killing has spread to places like Springfield, Oregon, and Fayetteville, Tennessee. Why do children kill each other? What are they trying to say? Do they have a message for us? Perhaps great souls are coming through these young ones, asking us to rediscover basic truths, to search for the intelligence of the Divine Plan unfolding in and around us. There are two ways to view such kids. One is as the "thug" image they project. The other requires softening your gaze until you see not the thug but the thug's halo.

Me and my class full of thugs. But I know who they really are.

Continued on page 8



## THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others will be held at The Nancy Penn Center.

### 1999

**BEYOND EXPLORATION 27**  
(For *EXPLORATION 27* Graduates)  
September 22–26 (RMR)

**BILINGUAL LIFELINE** (French)  
October 23–29 (RMR)

**EXPLORATION 27**  
(For *LIFELINE* Graduates)  
November 13–19 (RMR)

**GATEWAY VOYAGE**  
September 18–24  
September 25–October 1  
October 9–15  
October 23–29  
November 13–19  
December 11–17

**GUIDELINES**  
(A Graduate Program)  
September 11–17  
October 30–November 5  
December 4–10

**HEARTLINE**  
October 2–8 (RMR)

**LIFELINE**  
(A Graduate Program)  
September 11–17 (RMR)  
October 2–8  
October 9–15  
November 6–12 (RMR)

**Professional Seminar**  
March 18–22, 2000

**Trainer Development and  
Assessment Program (TDAP)**  
November 5–12

Editor: Shirley Bliley  
Layout and Design: Grafton Blankinship  
TMI FOCUS is published four times annually by The Monroe Institute, 62 Roberts Mountain Road, Faber, VA 22938-9749. Telephone (804) 361-1252. The Monroe Institute is dedicated to exploring and developing the uses and understanding of human consciousness. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync® technology, and communication with Hemi-Sync participants and program graduates. Membership rates from \$50 to \$150 per year.  
©1999 The Monroe Institute. All rights reserved. No part may be reproduced without permission.

## HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the

Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.

### Appearances

On June 12, 1999, TMI Professional Division Director Shirley Bliley was one of twelve speakers at a one-day conference, "Helping Kids with ADD: Alternative Approaches to Optimum Health." The event was organized by Martha S. Lappin, PhD and held at George Mason University in Fairfax, Virginia. Shirley presented an overview of the Hemi-Sync process and Robert O. Sornson's paper, "Using Binaural Beats to Enhance Attention."

### Books

The following titles are available from Interstate Industries, Inc. Robert A. Monroe's trilogy:

**JOURNEYS OUT OF THE BODY  
FAR JOURNEYS  
ULTIMATE JOURNEY**

*Healing Myself*, by Gari Carter  
*Cosmic Journeys*, by Rosalind A. McKnight  
*Mind Trek*, by Joseph McMoneagle  
*Using the Whole Brain*, edited by Ronald Russell



### Electronic Lyncs

Refer to **CYBERSPACE**

**VOYAGERS** for a listing of TMI "net surfing" addresses. TMI is now featured on the Internet Mall™, **FIRST FLOOR: Online Music Shop.**

### Interviews

An interview with Laurie Monroe by Online Noetic Network (ONN) member and TMI Sustaining Member, Cam Danielson, titled "Investigating Consciousness," may be accessed at our website: <http://www.monroeinstitute.org/interview.html>  
Special thanks to Joel Metzger at ONN: <http://www.wisdomtalk.org>

### Journals

*The Journal of Religion and Psychical Research*, vol. 22, no. 3, July 1999, published "Brain Waves and Oxygen Saturation during an Ancient Religious Ceremony" by F. Holmes "Skip" Atwater, TMI research director. The editors noted, "His article on brain waves and oxygen saturation is a well-designed and well-written case report."

### Magazines

Pythia Peay's article on dreaming, "A Bridge Between Worlds," was featured in the July/August 1999 issue of *Common Boundary*. Ms. Peay quoted Jungian analyst and TMI Professional Member Sylvia Brinton Perera extensively. Sylvia coauthored *Dreams: A Portal to the Source* with Edward Christopher Whitmont.

Continued on page 7



## Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. **Please inform us promptly of changes in location and phone/fax numbers.** Call (804) 361-9132 if you wish to be removed from the list.

### AUSTRALIA

#### ADELAIDE, S.A.

Clive Elms  
Dara Gorecki  
(61) (8) 8276-3367  
Calire Ezrac  
(61) (8) 8346-7936

### SYDNEY

Ashle Trucano  
(41) (2) 9953-1155

### BELGIUM

#### THIMISTER

Patrick Bartholome  
(32) (87) 44-70-70

### CANADA

#### HALIFAX, NS

Tom Tasse  
(902) 443-2692

#### TORONTO, ONT

Blair Swanson  
(416) 694-2908

#### VANCOUVER, BC

Carol Biernat  
(604) 261-2840

### CYPRUS

John Knowles & Linda  
Leblanc  
(357) (6) 621272

### DENMARK

#### COPENHAGEN

Jan Caroc  
(45) (33) 255313

#### STOVING

Kim Notholm-Larsen  
(45) 98385751

### ENGLAND

#### CAMBRIDGE

Sue Pitman  
Tel (223) 843164  
Fax (223) 515091

### IRELAND

#### OMEATH, CO.

#### LOUTH

Jim & Lana Phillips  
(353) (42) 75522

### JAPAN

#### TOKYO

Kanji Nakai  
Tel (03) 5471-2502  
Fax (03) 5471-2972

### SCOTLAND

#### NEW GALLOWAY

Jill and Ronald Russell  
Tel/Fax (44) (1644)  
420357

### U.S.A.

#### ARLINGTON, VA

Mark Gemmell  
(703) 522-8663

#### BETHESDA, MD

Helene N. Guttman  
Tel/Fax (301) 656-  
8980

#### BUTTE, MT

Leo McCarthy  
(406) 494-3567

#### BOSTON, MA

Steve Ullman  
(978) 579-0945

#### CHARLOTTE, NC

Rebecca Nagy  
(704) 588-4623

#### DAVIDSON, NC

Norma Atherton  
(704) 892-7000

#### ENGLEWOOD, CO

Daniel K. Meyer  
Kimberly Miller  
(303) 740-8053

#### FAIR OAKS, CA

Edy Harrington  
(916) 967-7998

#### FINESVILLE, NJ

Pete Ennes  
(908) 995-9493

#### HAMDEN, CT

Lou Stout  
(203) 288-1677

#### HENDERSONVILLE, NC

Joe Gallenberger  
(828) 698-0373

#### INDIANAPOLIS, IN

Shawn Casey  
(317) 852-7727

#### LAMBERTVILLE, MI

Eileen Tucker  
(313) 856-5251

#### LINCOLN, MA

Steve Ullman  
(617) 259-9870

#### MT. JULIET, TN

Art and Jan Flint  
(423) 988-0104

#### NEW YORK, NY

Al Swadichuto  
(212) 228-3298

### PALMER, AK

Ross Perrine  
(907) 746-6443

### PASO ROBLES, CA

Leland Beck  
(805) 237-8949

### PHILLIPS, ME

(after 5/15/99)  
C.J. & Stella Stevens  
(207) 639-2501

### PORTLAND, ME

Joe Harrington  
(207) 773-0291

### PORTLAND, OR

Clayton Morgan  
(503) 238-0137

### RENTON, WA

Peggy O'Hare  
(425) 641-4535

### ROSWELL, GA

Chase Carey  
(770) 587-0350

### SAN MATEO, CA

Chow Chow Imamoto  
(415) 341-1955 (r)  
(415) 344-1822 (w)

### SILVER CITY, NM

Marion Light Ray  
(505) 388-5782

### STONE MOUNTAIN, GA

Gretchen Jaccino  
(404) 716-5857

### SURFSIDE BEACH, SC

(until 5/15/99)  
C.J. & Stella Stevens  
(843) 215-1097

### TEMPE, AZ

Marcie A. Katler  
(602) 968-3021

### TOLEDO, OH

Eileen Tucker  
(313) 856-5251

### TULSA, OK

Bruce W. Freeman  
(918) 742-0743

### WALLINGFORD, CT

Mike Cei  
(203) 265-9851

## Hemi-Lync

Continued from page 6

### Newsletters

The *School for Self-Healing Newsletter*, summer 1999, credits the work of TMI Professional Member and amyotrophic lateral sclerosis (ALS) survivor David Atkinson. He is teaching his Hemi-Sync-supported stress management and wellness techniques to Christine Cibils, who has been treated for ALS at the San Francisco-based school, founded by Meir Schneider, PhD, LMT.

### Television Appearances

At 10:00 p.m. on September 17, the *Ancient Astronauts* documentary filmed by Beyond Productions was aired on The Learning Channel as part of its Science Frontiers series. Skip Atwater's experiment in the cave beneath the pyramid at Teotihuacán, Mexico [HEMI-SYNC JOURNAL, vol. XVII, no. 1, winter 1999], and The Monroe Institute's work figured prominently. The international version gave us even more coverage.

August 5, 1999, on the CBS show *48 Hours*, Joseph McMoneagle performed his second successful on-camera remote viewing. This time he targeted a CBS staffer at Niagara Falls. As the scene shifted between Joe—sitting in a room miles away—and the target, he deftly sketched the Niagara ferry and tuned in to the frenetic bustle of the tourist crowds.



## QUARTERLY TAPE

*Joy Jumper*

Years ago, Robert Monroe wrote a script about how Kathy meets her higher self and learns to joy jump herself to sleep. Now his script has been voiced by Laurie Monroe. "All you have to do, if you want to dream that you are going somewhere, is to say to yourself, say in your mind—joy jump—and then imagine where it is you want to go, and there you are." We hope your inner child enjoys the story and that you will share it with the young people in your life.

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The *OUT-REACH* Trainers and facilitators listed on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.



## UPDATING USING THE WHOLE BRAIN

by Ronald Russell, MA

Six years ago, *Using the Whole Brain* was published. It consisted of some forty contributions from Professional Division members and others, describing how they used Hemi-Sync with their patients, clients, and themselves. It served a useful purpose in providing a wide-ranging survey of the many valuable ways in which Hemi-Sync can

be applied, ranging from surgical operations to learning how to pilot an aircraft.

Since the book was published, new courses have been introduced and new tapes and CDs have been made available. Articles on Hemi-Sync have been published in scientific journals, tapes have been translated into other languages, and TMI Europe has been launched. Hemi-Sync has found its way into new areas, and much of the material in *Using the Whole Brain* now needs updating.

If anyone would like to con-

tribute to a new publication—and this includes those professional members who have already indicated their willingness to do so—it would be very helpful if they would contact me with a brief outline of their proposed contribution. If there is sufficient interest, I would be asking for contributions by the end of the year.

Replies to: Ronald Russell, Greenhead House, New Galloway, Castle Douglas, DG7 3RN, Scotland. Phone and fax: (44) (1644) 420357. E-mail: [rrussell7@compuserve.com](mailto:rrussell7@compuserve.com)



## DIAMONDS IN THE ROUGH

*Continued from page 5*

I sit up front and watch them as those binaural beats masked by sounds of surf enter our ears. Students stretch in rows before me like sweet melons. Mouths move soundlessly as they orchestrate thought. The in-and-out of each breath flexes in rhythm with the surf. We've all slipped inside a tube of deep, round silence. And here is where I begin to fall in love. Is this not the essence of our mission,

which is joy and the satisfaction of fulfilling the unfolding plan?

Few things change overnight. I can tell you that by the end of the year reading scores had improved. More importantly, however, a sense of connection had developed. A connection to each other, and a connection to something even larger than that. These young ones are demanding connection and communion with a most impassioned appeal.

What shall our offering be?



## GATEWAY Gathering

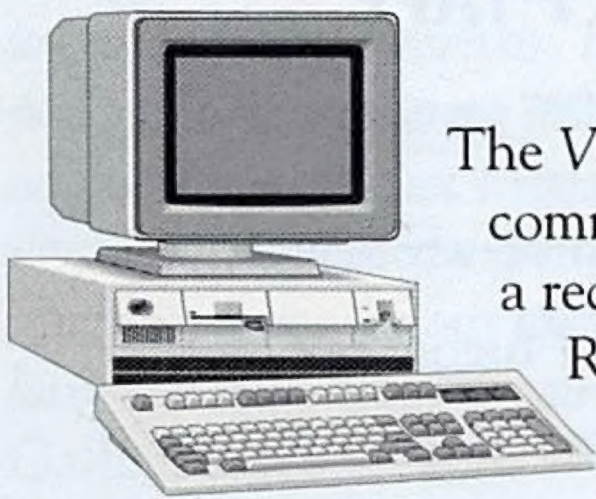


Review your GATEWAY VOYAGE skills at a GATEWAY Gathering led by veteran TMI Trainer Karen Malik on

November 12-14 in Sonoma, California. Reserve your space now by calling Karen at (415) 331-5000 or send an e-mail message to [kmalik@wenet.net](mailto:kmalik@wenet.net)



## CYBERSPACE VOYAGERS



The VOYAGERS Internet mailing list, [voyagers@monroe-inst.com](mailto:voyagers@monroe-inst.com), is an electronic communication link for those using Hemi-Sync to explore the realms of consciousness. Send a request with "subscribe" as the Subject to: [voyagers-request@monroe-inst.com](mailto:voyagers-request@monroe-inst.com) to join.

Requests are handled in person, so allow for a delay. You will receive a welcome and instructions when you have been added. <http://www.monroeinstitute.org/> is TMI's web site, and [monroeinst@aol.com](mailto:monroeinst@aol.com) is the official E-MAIL address.

## GATEWAY GRADUATE RETREAT Schedule

October	1-3	Belton, TX
November	19-21	Rye, NY
March	10-12, 2000	Oviedo, FL

For more information about the GATEWAY GRADUATE RETREATS and their locations, contact Bob McCulloch at (804) 263-8686 or e-mail him at [alobar@Prodigy.net](mailto:alobar@Prodigy.net)

